

## The Senior Center at **Charles Young Center**

Open to Fayette County Residence 60 and older



**540 E. Third Street**

**Hours:** Mondays, Wednesdays and Fridays

9:15 am - 1:00 pm

For more Information, please call **Katherine** at 859-246-0281

**May 2016**

### **Exercise**

- **Tai Chi:** This class helps the participant focus on breathing, posture, and strengthening and lengthening muscles. **Wednesdays & Fridays 12:15-1:00pm**
- **Bodies in Balance:** Physical fitness for those who wish to improve muscle tone and flexibility or for those in a recuperative phase. **Mondays and Fridays 9:30-10:30am**
- **Pickleball:** Join in this fun doubles game. It is a combination of racquetball, table tennis, badminton, tennis and squash. Played in the gymnasium with a wiffleball and wooden paddles. Due to popular demand, we have added an additional day for this activity.  
**Fridays from 11:00 a.m. - 12:00 noon.**
- **Gym Walking:** walk in a controlled atmosphere, **Wednesdays from 9:15-10:30**
- **Tablet Classes:** have been temporary suspended during the summer. However, if you would like to schedule in some one-on-one time with a volunteer, contact Katherine at 246-0281.
- **Line Dancing:** (Beginners) Come out for this fun-filled class that is sure to keep you moving.  
Instructor: **Tess Morton** **Wednesdays 11:15 - noon**
- **Social Gathering** –Cards/Bingo/Movie/Crafts/  
**Every Wednesday 1:00 – 3:00** during the month of May.
- **Savings Seniors/Nutritional Classes – Mondays, 11:00 am – 1:00 pm** (First Class) Other classes are 11:00 – 12 noon. Nutritional Educational class taught by Leslie Hildersham from KY Cooperative Extension Service. Class size is limited. Contact Katherine to be added to list for additional upcoming class.
- **Senior Dance/Social (Friday, May 20) 6:30 p.m. – 8:30 p.m.** Please contact Katherine Dailey if you would like to attend.

**\*\*The center will be CLOSED on Monday, May 23 (meet us at the Mind Matters Health Fair at the Fayette County Extension Office on Red Mile Road. AND we will be Closed on Monday, May 30, Memorial Day.**